



PRINCIPAL'S DESK

The national educational policy 2020 has emphasised reading as a key skill to foundational learning. Honouring Shri PN Panicker, the father of library & literacy movement in Kerala, Prime Minister declared 19th June as National

Reading Day followed by Reading week and Reading month which will be celebrated from 19th June to 18th July every year. Reading habits have become a forgotten art in the current world especially among students partly due to the tight academic schedule and priority given for the usage of mobile phones, computers etc. However reading offers many advantages including boosting IQ, reducing stress levels, improving vocabulary etc. Famous American novelist Robert R R Martin has quoted "A reader lives a thousand lives before he dies" Considering the importance of reading Central Library PIMS RC observed the reading week from 22nd June. The week was celebrated by conducting few competitions and emphasising the benefits of reading habits. It is essential to encourage reading habits in the student community, so that pupils will nourish mentally and build their potential from the very beginning.

WORLD PLASTIC SURGERY DAY July 15th - Sanubandhen Jevitah (Through Continuity [It] Lives)



Dr. Cyril Joseph
HOD. Plastic Surgery

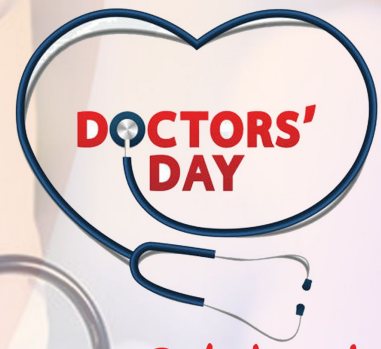
*"Plastic Surgery saves lives,
Still people think it is frivolous."*

Every time one attends a social function or for that matter an extended family get together, the moment they know I happen to be a Plastic Surgeon - end up getting the dreaded question, so what can you do about my face? How I wished to tell them, may be I can do something about the foot in a diabetic or may be for an injured hand, restoring the beauty of its function.

It is probably an answer to this that the Association of Plastic Surgeons of India (APSI) decided to have the concept of Plastic Surgery Day to create awareness of this specialty which practically touches all parts of the human body from the hair on the scalp to the toes. So under the leadership of Dr Raja Sabhapathy, The APSI President in 2011, the association decided to observe July 15th as National Plastic Surgery Day. After a period of 10 years, from 2021 onwards this came to be observed as World Plastic Surgery Day as decided by the American Society of Plastic Surgeons (ASPS) at the Global summit of 34 national Plastic surgery societies. It is indeed an honour for the APSI in the Land of Sushrutha whose understanding of the concept of pedicled flaps, "Sanubandhen Jevitah," (Sanskrit for- Through continuity it lives) laid the basis for modern day reconstructive plastic surgery.

Last day happened to meet a person who stood by me at a studio and said, 'doctor do you remember me....you all gave my leg a lease of life' faintly remembered him, till he pulled up his trousers to reveal the free gracilis muscle flap on the leg we had done for him 15 years back. He certainly made my day, as I felt a bounce in my step as I headed out- repairing lives on the go.





Celebrations



PIMS CRITICON

On Doctor's Day 2022, the Critical Care Division of PIMS & RC, in association with Department of General and Laparoscopic Surgery, conducted the 1st CME and Hands on Workshop in Critical Care Skills for postgraduates, on 1st and 2nd July, covering topics ranging from basics to advanced airway intervention techniques. The event was well attended by more than 20 delegates including PG's from Government and Private Medical colleges, and Private hospitals. The program also, had invited guest faculties: HOD of Psychiatry, GMC Kottayam, Prof. Dr. Varghese Punnoose; HOD of Emergency Medicine, Believers Medical College Hospital Tiruvalla, Prof. Dr. Vivek Gopinathan; Consultant Critical Care Division, Mar Sleeva Medicity Pala, Dr. Jacob George Pulinilkunnathil and Consultant Intensivist and Pulmonologist, St Gregorios Hospital Parumala, Dr. Antony Kalliath. The event was planned, charted and executed by Dr. Manju Mathew, Assistant Professor, Critical Care division, PIMS & RC.



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VYUHA' COLLEGE UNION 2022-23

The official inauguration of 'VYUHA' College union 2022-23, Pushpagiri medical college was conducted on 02nd July 2022 at 05.00 pm at the college basketball court. The programme was inaugurated by chief guest H. G Most Rev. Dr. Thomas Mar Koorilos (Metropolitan Archbishop, Thiruvalla & Patron, Pushpagiri group of institutions). The function was presided over by Rev. Fr. Jose Kallumalickal, CEO, Pushpagiri group of institutions.

Mr. Melvin Stalin, Chairman of VYUHA union 2022-23 welcomed the guests. The chief guest graced the occasion by his words and the traditional lamp was lit to officially inaugurate the college union. Rev. Fr. George Valiyaparambil, Director, Pushpagiri College of Medicine & Allied Sciences offered his warm felicitations to the Union. The union logo was revealed by, the Principal, Dr. Tomy Philip. The video launch, introducing the office bearers of college union 2022-23 was done by Dr. Vikram Gowda, Vice Principal, PIMSRC.

Since the induction of VYUHA Union the first donation to MITHRA, a charitable organisation initiated by the 11th MBBS batch of PIMS & RC, was received from Rev.Fr. George Valiyaparambil, by Smt.Vasundhara S (MITHRA convener). Ms. Lisba Mariyam Varghese, Vice chairperson of college union 2022-23 delivered the vote of thanks.

The official inaugural ceremony concluded by 6:30pm which was followed by Fresher's party for the 2021 MBBS batch. This event showcased the versatile talents of our students from different batches. Various cultural programmes like music, dance, dumbsharades, adzap, ramp walk, mimicry etc. were staged and all of them received huge response and appreciation from the audience. The most awaited event of the evening was the band performance by the famous singer Mr. Sreejish Subramanian and team, which engaged the audience and made it a night to remember.



COLLEGE UNION CORNER

"One's life begins from its first cry to being cried for and passes through different 'white-coated humans' who tirelessly work for the benefit of those seeking help. Many hardships are in place when doctors make an effort to support life. We students are blessed that our target is to be this noble profession. The celebration of Doctors' day amid the growing pain of hurt and even lost lives of medical professionals should remind us about how valuable their services are to the society. As we wish all doctors, especially our teachers, the best in their fields, much support and cooperation is encouraged from the society to keep this selfless work growing."

Mr. Melvin Stalin,
Vyuha Union Chairman.



APPRECIATION TO MRS. GIGYMOL ABRAHAM

VYUHA college union honoured Mrs. Gigymol Abraham, staff of Pushpagiri Medical College and Research centre, for her selfless act of rescuing 3 lives from drowning in the river, at Peringara, Tiruvalla.

The incident occurred on 07th of July when the overbridge on which the 3 youngsters walked on suddenly collapsed. The timely intervention by Gigymol helped in saving the lives of these youngsters, who were new to the area.

The honouring ceremony was conducted on 08th July, in the hospital. The felicitation was under the initiative of Rev. Fr. George Valiyaparambil. Director, Pushpagiri College of Medicine & Allied Sciences.



RESEARCH METHODOLOGY WORKSHOP

Clinical Epidemiology Unit of Pushpagiri Institute of Medical Sciences and Research Centre conducted Research Methodology workshop for post graduate residents of our institution to guide them in the process of research for PG thesis. It was conducted in 2 batches on 05th July 2022 and 07th July 2022 with 30 participants in each session. Rev. Dr. Mathew Mazhavancheril (Research Centre Director) inaugurated the function and Dr. Tomy Philip (Principal) felicitated the gathering in the first session. Rev. Fr. George Valiyaparambil motivated the PG residents regarding the importance of research and gave an overview regarding the research process in the second session. Group discussion and hands on sessions to help the young researchers in using referencing software and data analysis software were also included. The speakers for the session from Pushpagiri group of institutions were Dr Joe Abraham (Assistant Professor, Department of Community Medicine), Dr. Sharon Raj Eliza (Assistant Professor, Department of Community Medicine), Dr. Betsy A Jose (Assistant Professor, Department of Community Medicine), Dr. Subbalekshmi (Reader, Pediatric and Preventive Dentistry) Prof Soney Mathew (HOD, Public Health Nursing), Dr. Sunu Alice Cherian (lecturer, Oral Medicine) and Mrs Aswathi (Biostatistician CEU).

External Faculty from Government Medical College, Kottayam were Dr Ajith R (Assistant Professor, Department of Community Medicine) and Dr Asha Joan (Assistant Professor, Department of Community Medicine) who took class on data coding and data analysis using computer software. Dr Vikram Gowda (Vice Principal) addressed the queries of the young researchers during the group discussion.

SPANDANAM PUSHPAGIRI CENTER FOR HEALTH COMMUNICATION

School health clubs are a great platform to promote and maintain behavioural changes towards good health practices. Children are more likely to keep up their excellent habits as adults if they start the activities earlier. Pushpagiri's first school health club, titled "Spandanam", was inaugurated at St. Thomas HSS, Thirumoolapuram. Presiding over the function, Pushpagiri Medical College Director, Rev. Fr. George Valiyaparambil reiterated Pushpagiri's commitment to not just curative medicine but also to preventive medicine through health promotional activities. Rev. Sr. Jobsy SIC, Mother Provincial, Tiruvalla, inaugurated the club and released a health education poster for the school notice board. A Memorandum of Understanding was exchanged between the Director and the Head Master of the School, Mr. Shaji Mathew. Mr. Shibu Puthukeril (President, YMCA Thiruvalla), Dr. Joe Abraham, Dr. Betsy A Jose and Mr. Jeswin George (Department of Community Medicine) were also present.



READING WEEK EVENTS

Reading week events by Pushpagiri Medical College Central Library and NSS unit Pushpagiri was conducted on 25th July 2022 at External Reading Room, Pushpagiri Medical College. The meeting was inaugurated by Rev. Fr. George Valiyaparambil, Director, Pushpagiri Medical College. Chief Librarian, Mr. Chandy Abraham welcomed the guests and enlightened the NSS volunteers regarding the importance of reading and ways to improve their reading habits while in campus using the facilities available in college library. The Newsletter prepared by NSS volunteers as part of Reading week was handed over to the Chief librarian by Vice Principal, Dr. G Vijayalakshmi. The meeting was followed by various reading week competition events conducted by Dr. Joe Abraham, Dr. Sharon Raj and Fr. Philip Anjilimoottil in which students from different batches actively participated. Dr. Betsy A Jose and Mr. Chandy Abraham were the coordinators of the program.



INSPIRE GOLD MEDAL EXAMINATION PUSHPAGIRI 2022

Inspire - Pulmonary Centre - the department of Respiratory medicine, Pushpagiri conducted the Inspire Gold medal examination for the best outgoing MBBS student in respiratory medicine 27th July 2022.

The programme, blessed by our CEO Rev Fr Jose Kallumalickal and our academic director Rev Fr George Valiyaparambil, was inaugurated by the HOD of Respiratory Medicine Prof. Dr P Sukumaran (President - Kottayam Respiratory Society) and Dr Kurian Oommen (Senior Consultant Pulmonologist, Retd DTO, and Secretary - Kottayam Respiratory Society).

Under the guidance of Prof. Dr.P.Sukumaran the programme was excellently conducted by Dr Mathew Ninan, Dr Beena Thomas, Dr. Midhun M and Dr Anuja Raju with the esteemed presence of two external faculties Dr Kurian Oommen and Dr Rekha P (Govt medical college kottayam).

5 students Dr Ahmed Abdulkhadir, Dr. Joel J James, Dr Pranab S Babu, Dr Reshma Reji and Dr Vinduja Suresh were selected to the final quiz round from a preliminary written examination. Dr Pranab S Babu was selected as the winner and will receive the Gold medal from Prof Dr P Sukumaran, HOD Pumonary Medicine at the convocation ceremony on 20th August 2022.



PUSHPAGIRI RESEARCH CENTRE UPDATES

Congratulations on your achievement..

Factors influencing cell to cell communication, Growth and Pathogenesis of Pseudomonas aeruginosa



Profile of respiratory viruses in children under five years during the COVID-19 era



The Silent Pandemic: The Role of Assessment of Antibiotic prescription patterns in Outpatients!!



Dr. Sherly Antony, MD, PDCR, Assistant Professor & Scientist, Dept. of Microbiology at Pushpagiri Institute of Medical Sciences and Research Centre recently attended and presented three research works in the Microbiology international conference "ASM Microbe 2022", organized by American Society for Microbiology (ASM) in Washington D.C., U.S.A on June 09th to 13th 2022.



Pushpagiri Research Centre has signed a MoU with Central Food Technology Research Institute (CFTRI) Mysore for research collaboration.

Pushpagiri Research Centre has signed a MoU with Saveetha University, Tamil Nadu for research on biomaterials.



PERIPHERAL ACTIVITIES

PMR CAMP AT PULINKUNNU RHTC

Department of Community Medicine & Department of Physical Medicine and Rehabilitation (PMR) jointly organized a monthly camp at RHTC Pulinkunnu on 12th July 2022. The PMR camp was led by Dr. Jimi Jose (Assistant Professor, PMR) & Physiotherapist Mr. Rajeev. The camp was coordinated by Dr Felix Johns, Professor & Head of the Department of Community Medicine, assisted by Dr. Dency Davis (PG Resident), Mrs. Rani Joseph (Administrator) & House surgeons. Free medicines were given to the patients.



PMR CAMP AT SUSHALAYM HOSPITAL, MANIMALA

Department of Physical Medicine & Rehabilitation conducted a camp at Pushpagiri Sushalayam Hospital, Kuttikattuvalavu, Manimala on 25th July 2022, Monday, under the leadership of Dr. Jainy John (Consultant, PMR). Dr. Maria Eapen, Medical officer, Pushpagiri Sushalayam Hospital, Sr. Betty FDSHJ (Administrator) & Interns from the Department of Community Medicine and PMR participated in the camp and free medicines were given to the patients.

GENERAL MEDICINE CAMP AT MANIMALA

Department of General Medicine conducted a camp at Pushpagiri Sushalayam Hospital, Kuttikattuvalavu, on 30th July 2022, Saturday. The camp was led by Dr. Ashna Sara Mathew. Dr. Gayathri, Dr. Joe Abraham (Community Medicine), Sr. Betty FDSHJ (Administrator) & Interns from the Department of Community Medicine participated in the camp. Selected lab tests and medicines were distributed free of costs.





VISIT TO MARIASADANAM PSYCHOSOCIAL REHABILITATION CENTRE PALA

An expert team from the Department of Psychiatry visited Mariasadanam Psychosocial Rehabilitation Centre Pala where more than 400 persons who are recovering from mental and emotional problems are taken care of with devotion and kindness. The team led by Dr. Roy Abraham Kallivayalil (Professor and HOD, Department of Psychiatry, PIMSRC) examined all inhabitants who needed care and took lectures on mental health and guided them on policies.

ACHIEVEMENTS

Quiz Competition

Dr. Alina Ajoy Thomas and Dr. Kripa M. Mathews, final year MD Pathology Junior residents won third prize for the quiz competition conducted by Indian Association of Pathologists, Kerala chapter.



Dr. Asha Maria Davis, 2nd year MD Psychiatry JR has won the First place in the Frontiers in Psychiatry 2022 National quiz competition- Kerala region.



Paper presentation

Dr. Ambily R. Nath, final year MD Pathology JR won third prize for oral free paper presentation at Indian Association of Pathologists, Tamil Nadu and Pondicherry chapter



PUBLICATIONS & PRESENTATIONS

DEPARTMENT OF NEUROLOGY

- ↪ Sheetal S, Mathew R. Dementia Among Elderly. In Handbook of Aging, Health and Public Policy: Perspectives from Asia 2022 Apr 24 (pp. 1-15). Singapore: Springer Nature Singapore.
- ↪ Sheetal S, Thomas R, Ahmad SZ. Left atrial myxoma presenting with recurrent, bilateral halamic infarction in a child. J Pediatr Neurosci [Epub ahead of print] [cited 2022 Jun 24].
- ↪ Sasikumar AK, Sasikumar S. Bruns-Garland syndrome precipitated by antituberculous therapy in a patient with type 2 diabetes mellitus. Nepal Journal of Neuroscience. 2022 Jan 1;19(1).
- ↪ Sheetal S, Vijayalekshmi S, Sasidharan A, Joy NJ. Plexiform neurofibromas of bilateral brachial and lumbosacral plexuses. Apollo Med 2022 (pre print)

DEPARTMENT OF PHYSIOLOGY

- ↪ Zachariah AM, Meenu S, Vijayalakshmi G, Pothan L. Inquiry learning-An effective E learning approach for knowledge retention. ijhs. 2022 May 6 [cited 2022 Jul. 28];6(S2):7756-62.
- ↪ Meenu S, Zachariah AM, Balakrishnan S. Effectiveness of mnemonics based teaching in medical education: A prospective study in learning physiology by first year medical (MBBS) students. ijhs. 2022 May 19 [cited 2022 Jul. 28];6(S2):9635-40.
- ↪ Dr. Punya Chandran presented an E-Poster with title "Association of level of physical activity, dietary pattern and lipid profile with Non-Alcoholic Fatty Liver Disease - A Case Control Study" at the International conference on fatty liver on 29th April 2022 held at Vienna, Austria.



1	Name of Student : Abhishek P 2018 Batch, Third MBBS Part -II Name of Guide : Dr Gaddam Vijayalakshmi Department : Anatomy Topic : A Cadaveric Study of Myopectineal Orifice in South Indian Population	Name of Student : Athul S Kumar 2017 Batch, Third MBBS Part-I Name of Guide : Dr Sheena Varughese Department : Psychiatry Topic : Frequency of suicide ideation and its association with depression , anxiety and stress and help seeking behaviour among medical students of Kerala	7
2	Name of Student : Mohammad Riyas S 2018 Batch, Third MBBS Part -II Name of Guide : Dr Anjana Mary Reynolds Department : ENT Topic : Study On Use of Facemask and Proportion of Sinonasal Symptoms and Quality of Life Among Known Patients of Chronic Rhinosinusitis	Name of Student : Toms Joseph 2019 Batch, Third MBBS Part-I Name of Guide : Dr Amrutha Mary Department : Physiology Topic : The effect of gestational anaemia on the auditory function of neonates.	8
3	Name of Student : Ninan Vergis 2018 Batch, Third MBBS Part-II Name of Guide : Dr Laya Elizabeth Babu Department : Physiology Topic : Prevalence of Physical Activity in Underweight, Overweight and Obese Young Adults Studying in Different Institutions in South Kerala, During COVID-19 Pandemic	Name of Student : Benjamin David George 2018 Batch, Third MBBS Part-II Name of Guide : Dr Sreeja Nair Department : Microbiology Topic : Evaluation of Cartridge Based Nucleic Acid Amplification Test (CBNAAT) in comparison with Microscopy and Culture for Diagnosis of Extrapulmonary Tuberculosis – A study from a Tertiary Care Centre, Kerala	9
4	Name of Student : Alex Peter 2018 Batch, Third MBBS Part -II Name of Guide : Dr N R Vikram Gowda Department : Physiology Topic : Association of blood glucose, serum lipids AND BMI with retinopathy in older adults of South Kerala	Name of Student : Ashin T Senoj 2019 Batch, Third MBBS Part-I Name of Guide : Dr Santosh Pillai Department : Pharmacology Topic : To monitor the adverse drug reactions associated with the use of antihypertensive agents in a tertiary care hospital in central Kerala	10
5	Name of Student : Aswathy P S 2017 Batch, Third MBBS Part - II Name of Guide : Dr Rachel Mathew Department : OBG Topic : Proportion of metabolic syndrome among patients with uterine leiomyoma attending in a tertiary health care center in South Kerala: A Cross sectional study	Name of Student : Ann Merin Mathews 2019 Batch, Third MBBS Part-I Name of Guide : Dr Elsheba Mathew Department : Community Medicine Topic : Feeding Practices, Weight Gain and Morbidity by Birth Weight in Infants Attending a Tertiary Care Centre	11
6	Name of Student : Asha Chinnu Sabu 2017 Batch, Third MBBS Part-I Name of Guide : Dr Mithun Muralikrishna Department : Emergency Medicine Topic : Prevalence and outcome of undiagnosed hypertensive patients presenting to the Emergency Medicine department of a medical college in Southern Kerala	Name of Student : Melvin Stalin 2019 Batch, Third MBBS Part-I Name of Guide : Dr Shinto Devassy Department: Forensic Medicine Topic: Medicolegal Evaluation of Motorcyclist Related Limb Trauma - Study on Injury Patterns, Associated Factors and Documentation	12

**12 PROPOSALS FROM
OUR INSTITUTION HAS
BEEN SELECTED FOR
ICMR-STs.**

***Congratulations
to our Budding
Researchers...!!***

PUSHPAGIRI CLINICAL CLUB NEWS

The sessions of Clinical Club were conducted in the Month of July. Topics taken and their respective speakers were as follows:

- Physiological aspects of Laughter 'Humour heals, so don't laugh it off- Dr. Ann U Thomas
- Bone Anchored Maxillary Protraction - Dr. Riya Sara Jacob
- A Sinister Cause of Rapidly Progressing Dementia - Dr. Jeethu T. J
- Bodypacker Syndrome- A Case Series- Dr. Shinto Devassy

Conveners Capsule – Soft Doctor Series Speakers for the month were:

Dr. Amrutha Mary Zachariah
Dr. Subbalekshmi
Dr. Sheethal S
Dr. Rajeev V.M



APPOINTMENTS



DR. SRUTHY JAYADEVAN
EMERGENCY MEDICINE

Dr. Sruthy Jayadevan is appointed as Senior Resident in the Department of Emergency Medicine from 01st July 2022. She completed MBBS from Government Medical College, Kottayam and MD from Government Medical College, Thrissur.



DR. ANUJA RAJU
EMERGENCY MEDICINE

Dr. Anuja Raju is appointed as Senior Resident in the Department of Emergency Medicine from 07th July 2022. She completed MBBS and MD from Government Medical College, Kottayam.



DR. RAKHIL K S
GENERAL SURGERY

Dr. Rakhil K S is appointed as Senior Resident in the Department of General Surgery from 04th July 2022. He completed MBBS from Dr. SMCSI Medical College, Karakkoanam, Trivandrum and MS from Pushpagiri Institute of Medical Sciences, Tiruvalla.



DR. JAINY JOHN
PHYSICAL MEDICINE & REHABILITATION

Dr. Jainy John is appointed as Senior Resident in the Department of Physical Medicine & Rehabilitation from 04th July 2022. She completed MBBS from Jubilee Mission Medical College, Thrissur and MD from St. Johns Medical College Hospital, Bangalore.



DR. BINCY VARGHESE
PAEDIATRICS

Dr. Bincy Varghese is appointed as Senior Resident in the Department of Paediatrics from 21st July 2022. She completed MBBS from Government Medical College, Trivandrum and MD from Government Medical College, Thrissur.



DR. SAHANA HIREMATH
ANAESTHESIOLOGY

Dr. Sahana is appointed as Senior Resident in the Department of Anaesthesiology from 07th July 2022. She completed MBBS from Jawaharlal Nehru Medical College, Belgaum and MD from Navodaya Medical College, Raichur.

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